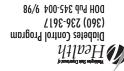
For more information about diabetes call:

National Diabetes Education Program 7-800-438-5383 American Diabetes Association 7-800-628-8808

To find a diabetes educator near you:

E88E-8EE-008-I storation of Diabetes Educators 1-800-338-3633



less than 7%
less than 130/85
less than 200
less than 100
greater than 45
less than 200

MY DIABETES CARE GOALS





ADA Standard

MY DIABETES CARE INFORMATION

:tsitnəO) :44	(
Eye Doctor:) :44	(
Foot Doctor:) :44	(
Pharmacist:) :44	(
Dietitian:) :44	(
Diabetes Educator:) :44	(
Doctor:) :44	(
уаше:) :44	(



MY DIABETES CARE CHART

Here is a list of items for good diabetes care suggested by the American Diabetes Association (ADA). Take this card to your primary care provider or diabetes educator when you visit them so that **YOU** can control your diabetes. For life.

Physician exams:		Date of Visit		
Review home blood sugar records (every visit)				
HbA _{1C} (every 3-6 months)				
Weight (every visit)				
Foot exam (every visit)				
Foot check of circulation and nerves (once a year)				
Blood pressure (every visit)				
Cholesterol/LDL/HDL (once a year)				
Triglycerides (once a year)				
Urine test for protein (once a year)				
Dilated eye exam (once a year)				
Dental exam (once a year)				
Flu shot (once a year)				
Pneumonia vaccine (generally once)				
Review with your diabetes educator:				
Meal plan (with a registered dietitian)				
Physical activity plan				
Home blood sugar testing plan				
Low/high blood sugar treatment plan				
Foot care plan				
Medication plan				
Sick day plan				
Stress management plan				



Other things you can do:

Stop smoking • Eat less fat • Become more active • Let others help •
Test blood sugar regularly • Eat 5 fruits & vegetables daily



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